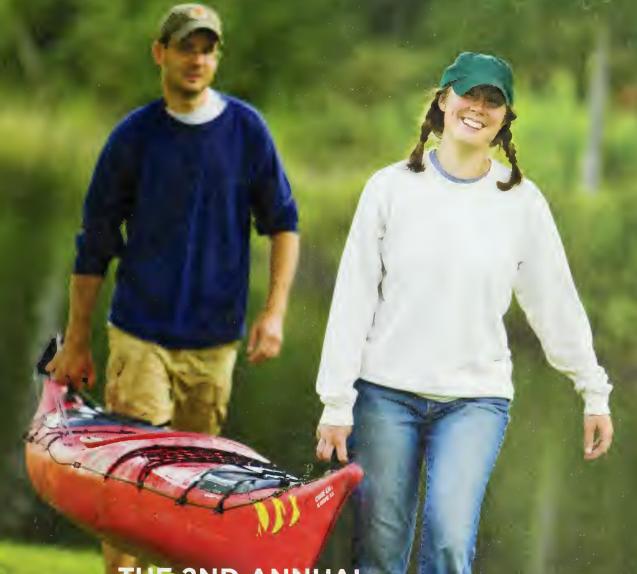
SpecialPLA

FOR MEMBERS AND SUPPORTERS OF THE TRUSTEES OF RESERVATIONS SUMMER 2013 VOLUME 21 NO. 2



THE 2ND ANNUAL Get Outdoor ISSUE

> the trustees of reservations

SPECIAL PLACES SUMMER 2013 VOL. 21 NO. 2

16

www.thetrustees.org



www.facebook.com/thetrustees



www.twitter.com/thetrustees

Get Out 2

We've got your no-excuse guide to get active, get de-stressed, and get outdoors this summer. Plus, it's our first-ever photo contest, with tips from the experts on how to take great pics.

Happy Campers 10

Our newest reservation, Dunes' Edge in Provincetown, offers fun and affordable adventures on the Outer Cape.

Special People & Special Places 12

Richard Louv, author of *The Nature Principle*, reminds us that when families explore the outdoors together, they can strengthen critical bonds — to the natural world and to each other.

Off the Beet(en) Path 16

Get out of your kitchen comfort zone with our farmers' picks for their favorite "off the beaten path" veggies (and recipes!).

Things To Do
This Summer 20

Find Your Place 28

Unflagging Spirit Back Cover
Bob Flagg takes care of trails and so much
more, from the Blue Hills to World's End.

COVER PHOTO:

Paddlers head out on the Neponset River at Signal Hill reservation in Canton.

© ECOPHOTOGRAPHY

ON THE TRAIL

If you're like me, then when you were a child, you spent your summer days outside – playing, riding, running, and shouting with joy as you explored the ins and outs of your yard, your neighborhood, or your local park. It was only my mother's call through the dark that drew me reluctantly inside at the end of the day. I would fall exhausted into bed, then get up and do it all over again the next day.

I treasure those memories, and know that those childhood experiences fostered my lifelong love for nature, history, travel, and adventure. But in barely a generation, our long summer days spent outdoors have become the stuff of nostalgia – and that has me worried. Today in Massachusetts, our children will play outdoors for mere minutes, but wile away hours in front a screen. And it doesn't matter if kids live in a rural village, a leafy suburb, or an urban neighborhood – the troubling trends are the same.

The impacts of this nature-deficit disorder, the term coined by Richard Louv in his far-reaching book *Last Child in the Woods*, are just beginning to be felt, and more and more scientific research is emerging that reinforces what many of us have always known instinctively – that time spent outdoors is fundamental for healthy minds, bodies, and spirits, not just of our children, but all of us adults as well.

The vital importance of nurturing connections between people and natural places is what drove Charles Eliot to found The Trustees more than 120 years ago.

Then, Eliot worried about an increasingly industrialized world that was isolating



people from our natural and cultural heritage. Now, it's the isolation of our digitized one that is spurring us to action.

That's why we're launching our Get
Out campaign this summer – to give
you ideas and alternatives to help you
and your friends and family get out and
explore Massachusetts' wonderful outdoor
places. Whether you have an hour, a day,
or a whole luxurious week, we hope you'll
rediscover favorite pastimes, try a new
adventure, and, most of all, reconnect –
with the people, places, and experiences
you love.

Barban Eicha

Barbara J. Erickson President & CEO

SUMMER'S HERE AT LAST and we've got your no-excuse guide to get active, get de-stressed, and get outdoors, today through Labor Day. From the North Shore to Nantucket to the Berkshires, this summer, we invite you to get out...



... of your routine.

Let's face it, our lives are stressful, especially when we're caught up in the day-to-day busy-ness of meetings, soccer games, recitals, and more. Pick a day when you skip what's on your calendar and just get up and go - to the park, for a picnic, or a long walk in the woods with the kids. Get ideas at thetrustees.org/getout.

...and unplug. on your next walk or hike, leave your phone at home (or in the glove box). It's going to feel a little like 1999 at first, but we promise, that's a good thing! It's amazing what you'll see and hear when you tune out of the virtual world and tune in to the natural one.





...of the grocery store. Discover fresh

local veggies, artisanal cheeses, and so much more at your weekly farmers market. Stop by one of our farm stands or find one near you. Better vet, get a summer's-long subscription to fresh veggies by joining a local community-supportedagriculture program.

...and sleep under the stars.

You don't have to travel

far for adventure this summer. Grab your tent and some friends and head out for a midweek stay at our Tully Lake Campground in Royalston or our newest reservation, Dunes' Edge Campground in Provincetown.







...of the rain. Don't let rain keep you inside your house. Instead, come inside to one of our houses. From colonial-era homesteads like Mission House in Stockbridge to Downton-Abbey-era estates like the Crane Estate in Ipswich, you can explore the intriguing stories of the people who have shaped our collective history.

...to the farm. When was the last time you (or your kids) heard a real cow moo or a rooster cock-adoodle-do? If you can't remember, then you're past due for a visit to your local farm - we have eight of them that you can visit all across the state.





...and smell the flowers. Our gardens are a literal feast for the senses - with their delightful scents and the burst of colorful blooms on display. You can even take a bit of our gardens home with you at our pickyour-own flower fields at Long Hill in Beverly and Stevens-Coolidge Place in Andover.

...your camera!

Warm up your shutter finger and turn the page to find out how you can be part of The Trustees' first-ever statewide photo contest.



SO THIS SUMMER, TURN RIGHT INSTEAD OF LEFT and see where the trail takes you. For more inspiration, turn to page 20 to see all the things you can do with The Trustees, and visit www.thetrustees.org/getout to learn more about these and all the ways you can get out!



THE Get Out! PHOTO CONTEST

The natural world has long been an inspiration for photographers, whether they're hobbyists or professionals. Through the lens, photographers capture a moment in time — clouds trickling out on the horizon, a canoe wending its way through a river glen, a child's delight at a passing butterfly, an osprey taking flight. The most moving photos evoke wonder, joy, longing, and even surprise as we pause and rediscover a place that we might see every day.

Now we want to see our special places through your lens — to see what most excites and inspires you. That's why we're launching The Trustees' first-ever statewide photo contest. We invite you to get out and explore our 110 special places across Massachusetts, camera in hand, and share your favorites with us. Winners will be chosen in four categories and two age groups — a panel of Trustees staffers will narrow down the field, and then the winners will be chosen by all of you! We'll also select a grand-prize winner from all of the entrants.

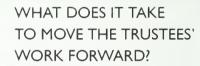


ENTER PHOTOS IN FOUR CATEGORIES:

- 1. Get Scenic & Wild: Show us the beauty of the Massachusetts landscape, or get pics of the flora and fauna that make the Massachusetts outdoors so fun to explore.
- 2. Get a Life: These are your shots of people getting outdoors in motion or at rest, playing or posing.
- **3. Get Down on the Farm:** Show us what life on the farm looks like to you.
- **4. Get the Story:** From our gardens to our houses to our historic sites, this is your chance to capture our shared stories on film (or SD card).

Our contest is open to everyone! We'll be accepting submissions by adults (18 and over) and teens (13-17). Get all of the details at www.thetrustees.org/photocontest, and then keep reading to get some tips on taking great photos from two of our favorite photography experts.





THE SUPPORT OF PEOPLE LIKE YOU.

Ple as:

FOF ope

give

– fo

is sc

Tru righ



TAKING A GREAT PHOTO doesn't have to mean owning an expensive digital camera – any more than lugging around a pricey camera guarantees professional-quality shots. To help you snap flawless photos this summer, we asked two of our favorite photographers to weigh in with their top tricks of the trade.



CAPTURE THE LIGHT

LAURIE: The right light can make the most ordinary scene spectacular, and difficult light can make the most spectacular scene seem quite unremarkable. Most often, the best light occurs when the sun is lower in the sky, such as mornings and evenings. When the sun is lower, faces, objects, and scenes are lit at our own eye level, filling in the harsh shadows that occur when the sun is overhead. Also, the light is warmer in tone because it travelled through more atmosphere, which filters out the shorter wavelengths or bluer tones. But other times of the day can also produce spectacular and unusual light. Keep an eye out for fog or rain clouds that are about to part. My favorite light is the most fleeting. It occurs for just seconds at a time, when a cloud begins or ends its pass over the sun, and the soft edge of the cloud acts as a partial filter.

JERRY: If you're out hiking in the woods, you're going to just take a photo, of course. But if you want your photos to have a more sustaining quality, you'll want to get out within 30 or 40 minutes of sunrise and sunset because the quality of light is more dramatic and beautiful. The landscape being lit by that warmtone, low-angle light brings out texture and detail in the landscape. Shooting in the woods on a bright sunny day, for example, is often going to look terrible in a photo because a camera's lens simply can't process the contrast between the light and dark in the way that the human eye can. For woods and waterfalls, the middle of the day on a cloudy day is actually great because you're dealing with less contrast.

© ECOPHOTOGRAPHY AE Find great

OUR EXPERTS

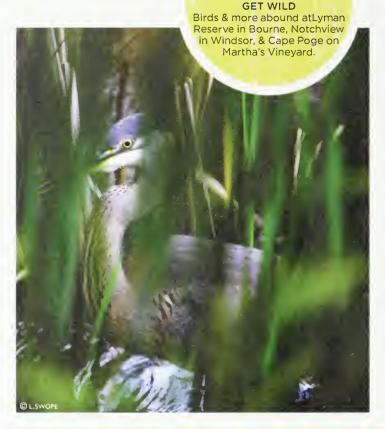


Laurie Swope is a Boston-based editorial and commercial photographer who specializes in portraiture and feature photography. Her work has appeared in the Boston Globe, the Sunday Globe Magazine, Boston Common, the Washington Post, The Chicago Tribune, and more. See her work at www.laurieswope.com.



Jerry Monkman is a conservation, travel, and adventure photographer and filmmaker based in Portsmouth, NH. Known for his work in New England's wild places, he has spent the last 20 years documenting the mountains, forests, and coastlines that define the region. For more tips from Jerry, check out his book, AMC Guide to Outdoor Digital Photography, and visit www.ecophotography.com.

ADD DRAMA
Find broad vistas
great for those early
morning shots at Monument
Mountain in Great Barrington,
Crane Beach in Ipswich, and
Westport Town Farm.



TO FLASH OR NOT TO FLASH

JERRY: Whenever your main subject is in shadow and you have a lot of bright sunlit areas in other parts of the scene, using flash will add detail to those areas. Sometimes you might have the sunset in the background, and might need to lighten up your subject a bit to achieve the right balance (otherwise, you might have a lovely shot of the sunset, but your subject's face is in shadow). So don't be afraid to experiment with your flash settings, even outdoors.

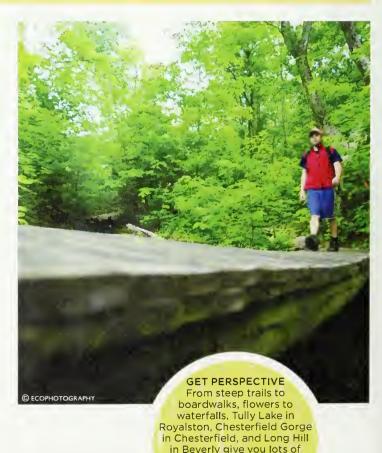
LAURIE: I only use a flash in daylight if I am shooting an outdoor event in direct sun. If I have the freedom to move around looking for features, I will search for the right light, even if that means seeking out shade. If outside, trees are our best light filters for midday. Look for the subtle variations of light in shady areas. Different kinds of leaves and various densities of foliage filter the light differently. Often the best place for an outdoor portrait is at the brighter edge of a deeply shady spot.

When you get the urge to take a photo, take a moment and think about why you want to take it. What's exciting you and what's the main story - make sure your composition is focusing on that aspect. - JERRY MONKMAN

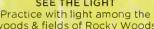
COOL COMPOSITION

JERRY: We all start out thinking we want to have everything symmetrical - and that's actually kind of boring. Instead strive for an asymmetrical balance. The easiest way to think about that is the rule of thirds — imagine a tic-tac-toe grid, and put your main subject at one of those intersections as opposed to right in the middle. For example, if you're shooting with the horizon, try to put it in the top or bottom third, which will create more energy in the photo, and be more energetic and dynamic. On many digital cameras today, you can display a grid to help you line up your object based on this rule.

LAURIE: I shoot a lot of portraits and, I have to say, there really are no rules. Portraits vary as much as the people you are photographing. Relating to your subject is really the most important part. You have to let them be who they are. Sometimes that requires standing back, and sometimes it requires drawing out. If they are kids it often requires that you just let them play. You can have perfect light and the perfect composition, but when it comes to people, expression is key and if your subject isn't comfortable you will not have a good picture.



compositions to play with.



woods & fields of Rocky Woods in Medfield, Peaked Mountain Monson, & World's End in Hingham.



SUNRISE, SUNSET

LAURIE: If you want to capture that sunrise or sunset, use your camera settings to meter on the sky. But the best pictures are behind you. My advice is to turn your back on the sunset and see how its warm glow is magically lighting up the people, objects, and scenes around you.

I have taken some great photos with point-and-shoot cameras and iPhones. Light and composition are the most important aspects of photography, so great photo opportunities don't always require the fine-tuned control of professional cameras. - LAURIE SWOPE





PARTING SHOTS

JERRY: When I was starting out, I was frequently told that you need to develop your own vision and style — but no one could ever explain how to do that. You can't just set out and say I'm going to create my own style. You shoot as often as possible and find your passion. The more you shoot the more you'll be led towards the things you're interested in. You'll get more photos you like - and your style will start to develop as a result.

LAURIE: The most important thing I learned in my early career as a newspaper photographer was that expectations are blinding. I used to hope for certain photos as I drove off on assignment, and, of course, looking for what is only in your head obscures your vision of what is truly there. Now I know how to lose the pre-conceptions and expectations and I'm able to see the world more clearly.



Happy Campers

AS YOU DRIVE ALONG CAPE COD'S ROUTE 6 FROM ORLEANS TO PROVINCETOWN, THE MANY STORES, RESTAURANTS, AND HOTELS THAT FRAME THE HIGHWAY SLOWLY GIVE WAY TO PITCH-PINE FOREST AND SAND DUNES, THE DRAMATIC SCENERY THAT MAKES UP THE CAPE COD NATIONAL SEASHORE.

The dunes here loom large, shielding sandy shores, marshes, ponds, and uplands and sheltering diverse plants and wildlife – all while enticing visitors with some of the most pristine swimming beaches in the Eastern United States. This dynamic landscape draws tens of thousands of visitors every year to paint and sculpt, bike and swim, relax and play.

For more than 50 years, Dunes' Edge Campground, with its easy access to beaches, bike trails, and the studios and cafes of Provincetown, has been a favorite stop for those looking for a low-key, affordable vacation on the Outer Cape. Through most of that half century, the campground was lovingly cared for by Miriam Collinson, who welcomed generations of campers here year after year. When it came time for Miriam to think about what might be next for her beloved property, she made sure that it would remain a treasured landscape for generations to come by working with The Trustees to protect it.

In May, after four years of careful planning and development, Dunes' Edge Campground opened for its 52nd season – and its first as a Trustees of Reservations property. "It has been my privilege to be the steward of Dunes' Edge for the past 45 years," says Miriam. "With the help of family and friends, it has been and

will always remain a magical place for future generations of campers and for local residents."

Indeed, the protection of Dunes' Edge wouldn't have been possible without the generosity, vision, and commitment of Miriam and the entire Provincetown community. The Provincetown Open Space Committee and town taxpayers contributed \$600,000 to the project from the local land bank and Community Preservation Fund. A Commonwealth Parklands Acquisitions and Renovations for Communities (PARC) Program grant of \$400,000 helped ensure the project's completion, as did additional support from the Horizon Foundation, the Sheehan Family Foundation, and the Fields Pond Foundation.

"We're so grateful to the Town, Miriam, and the many generous donors and partners who made this project possible," says John Vasconcellos, The Trustees' Southeast Regional Director. "Dunes' Edge is our first reservation in this part of the state, and it wonderfully complements our existing properties on the mid-Cape and the Islands. We're excited to now be sharing this treasure with returning campers, members, and new visitors while increasing our conservation impact at one of the most important and accessible locations on Cape Cod."



DUNES' EDGE BY THE NUMBERS

- More than 80 campsites for tents, pop-ups, and vans
- 15 sites for trailers
- Hot showers, camp store, laundry
- Swim, boat, sail, fish, bike, golf, hike, play tennis, and so much more - all within easy reach!
- Plan your stay at thetrustees.org/dunesedge

MORE CAMPING ADVENTURES

Set along the shores of a 200-acre lake in Royalston, The Trustees' Tully Lake Campground offers modern conveniences and superb recreational opportunities in a beautiful setting. Paddle around Tully Lake or take a day trip to nearby waterfalls and scenic overlooks. Or explore miles of hiking and mountain-bike trails, including the 22-mile Tully Trail.

thetrustees.org/tullylakecampground

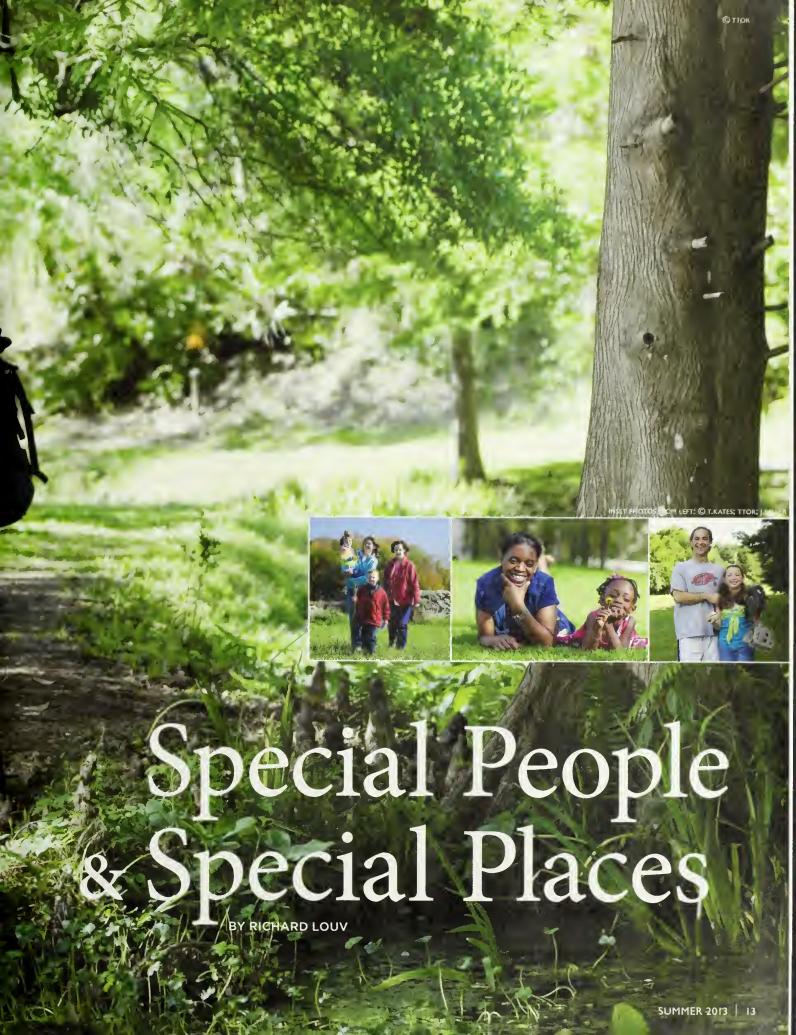
PREFER A ROOF OVER YOUR HEAD?

Then don't miss out on a memorable stay at one of our unique inns. Escape to the mountains or the sea and enjoy the pleasures of art galleries and antique stores, or simply relax and enjoy the spectacular views.

The Inn at Castle Hill on the Crane Estate Ipswich theinnatcastlehill.com

The Guest House at Field Farm Williamstown guesthouseatfieldfarm.org







WE ALL KNOW THAT GETTING OURSELVES - AND OUR KIDS OUTDOORS IS GOOD FOR OUR BODIES AND OUR MINDS. But it's even better when kids and parents (or grandparents) share those outdoor experiences together. In this excerpt from his book, The Nature Principle, Richard Louv tells us why, and gives some tips on how families can start to cure "nature-deficit disorder" together.

FAMILIES CAN BE BOUND, over generations, by a shared love of baseball, by a family business, by other shared interests - but nature has its own power. What better way to escape the constant, interrupting beeping of modern life and actually have a chance to spend concentrated time together than a walk in the woods?

Time in nature helps both the child and parent by building their sense of attachment and by reducing stress. "By following a prescription for more nature experience together, families will discover a win/win situation in which both children and adults benefit as individuals, even as they are strengthening those important family bonds that all children (and adults) need," says Martha Farrell Erickson, a developmental psychologist, founding director of the University of Minnesota's Children, Youth, and Family Consortium, and expert on attachment theory in child psychology. "Because most of us as adults still have so much to learn about nature, these outdoor experiences can be times to learn with our children and from our children. The reciprocity and mutual respect such interactions engender are important

Outdoors Inspiration

LET US BE YOUR OUTDOORS GUIDE

From our open barnyard at Weir River Farm to guided canoe trips at Bartholomew's Cobble to a family campout at Crane Beach, we have lots of family friendly outings all summer long. Turn to page 20 to find these and the many things to do with us this summer ...or explore on your own:

FIRST HIKES

Here, hiking is as easy as a walk in the park perfect for little legs and new

- · Francis William Bird Park, Walpole
- World End Hingham
- Fed Farm Williamstown
- North Common Meadow Petersham

STROLLER-FRIENDLY TRAILS

Check out these destinations where you can push without too much push back!

- East Over Reservation, Rochester
- Rocky Woods, Medfield
- Appleton Farms, Ipswich & Hamilton
- Lowell Holly, Mashpee & Sandwich

PICNIC PERFECT

We have lots of great places where you can dine al fresco with the kids.

- Slocum's River Reserve, So. Dartmouth
- Castle Hill on the Crane Estate, Ipswich
- Dexter Drumlin, Lancaster
- Bryant Homestead, Cummington
- Tyringham Cobble, Tyringham

GET MORE IDEAS AT www.thetrustees.org/getout



elements of close parent-child relationships as children move towards adulthood."

For a parent, particularly if one of the many adults who missed out on nature experiences when they were growing up, taking the first steps outdoors may feel awkward. Fortunately, there are lots of places to go for assistance or advice, including guidebooks, web sites, and outdoors-oriented organizations. Your family can go for a walk when the moon is full, tell stories about past adventures outdoors, spot birds or other wildlife on country drives, learn to track together. And, you can hike, fish, tent, camp, and go on a digital wildlife photo expedition.

Working together in nature works, too. Families that garden together can help feed themselves, and perhaps share with neighbors or donate to a food bank. In urban neighborhoods, they can create a garden on a landing, deck, terrace, or flat roof. Families can also pick berries and other fruit or vegetables on farms or orchards open to the public.

Louise Chawla, one of the leading experts on nature's impact on human development, describes the need for both "special places and special people," referring to Rachel Carson's thinking on how young people develop a positive relationship with nature. Grandparents can be a great resource. Most grandparents can remember when playing outside in nature was considered normal and expected of children. They'll want to pass along that tradition - and will be enriched in

the process. Martha Erickson agrees, from a professional and personal perspective. "I have found over the years that even very short 'nature breaks' allow me to calm down and focus when I'm having a particularly challenging day," she writes. "I carry a couple of collapsible chairs in the back of my car so, in the midst of a busy day, I can seek out a grassy spot and sit in my chair for a few minutes to breathe deeply and be soothed by my natural surroundings. The reason I have a 'couple of those chairs' is that my oldest grandchild has taken up the idea of natural breaks, too, and likes to join me when we're out and about together."

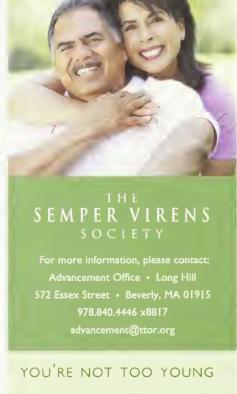
By sharing nature with children, in your personal life or as part of a larger movement to connect people to nature, you'll be making a powerful difference.

RICHARD LOUV

Excerpted from The Nature Principle: Reconnecting with Life in a Virtual Age by Richard Louv. © 2012 by Richard Louv. Reprinted by permission of Algonquin

Books of Chapel Hill. All rights reserved. Available at www.algonquinbooks.com.

Richard Louv is a journalist and author of eight books about the connections between family, nature, and community, including Last Child in the Woods. Louv is also founding chairman of the Children & Nature Network www.childrenandnature.org.

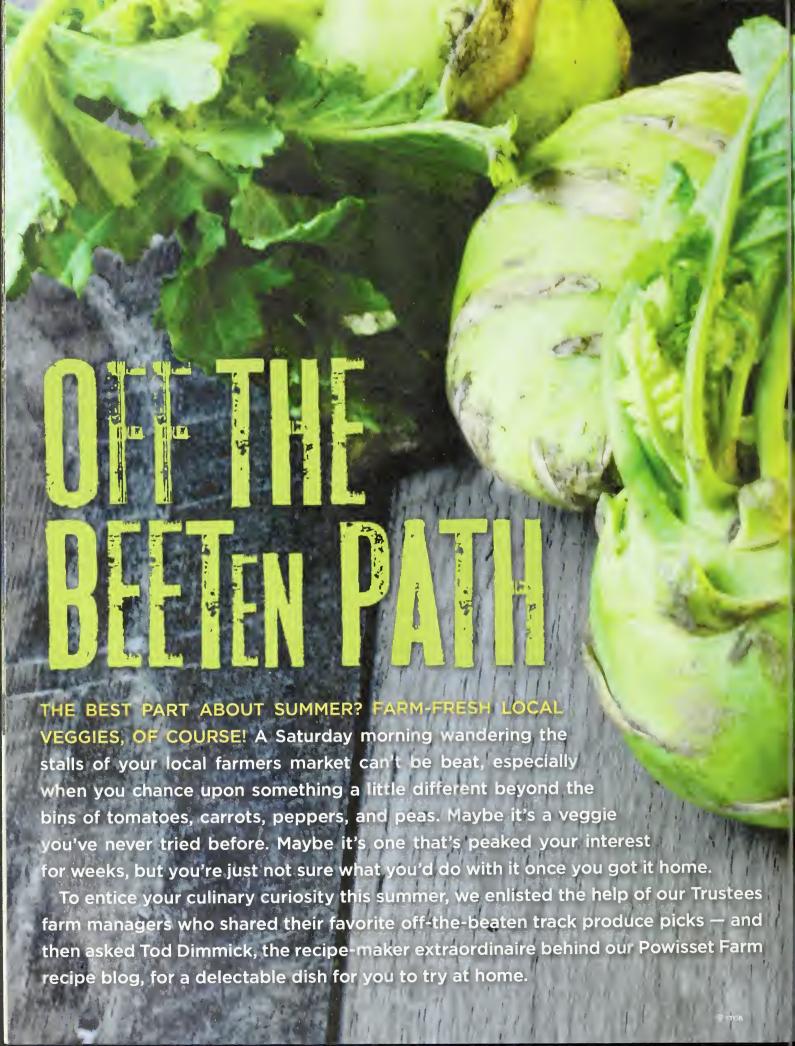


..to consider making The Trustees a part of your estate planning. There are many easy ways to make gifts that contribute to our conservation work and protect your longterm financial security. If you have already named us as a beneficiary, please let us know so we can honor your generosity through The Semper Virens Society. We welcome the opportunity to talk with you. Please visit www.thetrustees.org/svs

Please contact me about a gift annuity or other gifts that provide income to me or another beneficiary.

I have included The Trustees in my will. DATE(S) OF BIRTH:

FIRST	LAST	
ADDRESS		
CITY	STATE	ZIP
PHONE		
EMAIL		
YCURIN, III	THE NIM	



Picked by Lise Holdorf Appleton Farms, Ipswich & Hamilton

KOHLRABI

Let's face it, kohlrabi is just fun to say, but it's also pretty tasty on your plate. Its name comes from kohl, German for "kale," and rube/rapi, Swiss-German for "turnip," which it resembles. While the leaves and thin stems are edible, it's grown for its roundish bulb, which tastes just like a tender, sweet broccoli stem or cabbage core with a crunchy, light texture. High in fiber, potassium, and vitamin C, this cool-weather crop grows in spring and fall, with green and purple varieties.

GRILLED KOHLRABI

Tender kohlrabi on the inside, grill flavor on the outside. This is a good use of large summer kohlrabi.

Prep time: 10 minutes Cook time: 20 minutes

Serves: 4-6

Ingredients

- 2 large kohlrabi, peeled, cut into 1/2" slices, and steamed until tender crisp
- 2 Tbsp olive oil
- 2 cloves garlic, crushed
- 2 Tbsp balsamic vinegar

Salt and pepper to taste

Shredded Parmesan cheese for garnish

Directions

While kohlrabi is steaming preheat the grill. Mix the garlic, olive oil, and balsamic vinegar. When kohlrabi is steamed, remove slices to a shallow dish and coat with the olive oil mixture, turning. Grill for 2 minutes per side.

pepper and topping with Parmesan cheese.

Serve, seasoning to taste with salt and

Variation: Add chopped cooked chicken, pork, or sausage.

Picked by Gretta Anderson Moraine Farm, Beverly

FENNEL

With its feathery leaves and celery-like stalk atop a white bulb, fennel is related to parsley, carrots, dill, and cilantro. It's slightly sweet, crunchy, and licorice-flavored — and the bulb, stalk, leaves, and seeds are all edible.

FENNEL, CUCUMBER & FRESH GREEN SALAD

This crunchy, savory salad is hard to stop eating.

Prep time: 15 minutes

Serves: 2-4

Ingredients

1 bulb fennel, thinly sliced

4 cups fresh spinach (or other greens)

1 cup fresh parsley, coarsely chopped

1 cucumber, chopped into 1/4" pieces

1 small sweet onion, chopped into 1/4" pieces

1/4 cup shredded Parmesan cheese (optional)

2-3 Tbsp fresh lemon juice

2 Tbsp olive oil

Salt and pepper to taste

Directions

Combine solid ingredients, and toss with lemon juice and olive oil. Season to taste with

salt and pepper.

FIND MORE GREAT RECIPES on Tod

Picked by Rory O'Dwyer Weir River Farm, Hingham

GARLIC SCAPES

This tasty treat is actually the undeveloped flower bud and stalk of the garlic plant. Each spring, our farmers must snap off this lovely, slightly coiled, flower-to-be, so that the plant can send its growing energy into the garlic bulb underground (and not towards making flowers and seeds). You can use the entire garlic scape any way that you would use garlic - sauté it in oil or butter, add it to omelets, pasta, pesto, and so much more!

BROCCOLI & GARLIC SCAPE SLAW

Throw out broccoli stems? Nonsense! Quick work with a food processor yields a tasty slaw that can be used a number of ways.

Prep time: 10 minutes Cook time: 15 minutes

Serves: 4

Ingredients

3-4 broccoli stems*, bottom inch of the stem removed, scrubbed. and sliced into pieces narrow enough to fit in a food processor feed tube

4 garlic scapes

3 Thsp olive oil

1 cup chicken stock (or 1 cup water and 1 bouillon cube) Salt to taste (if using chicken stock; bouillon has lots of salt) 1 can (15 oz) Cannellini beans (optional)

Directions

Run the broccoli stems and the garlic scapes through a food processor equipped with the coarse shredding blade. Heat the oil in a sauté pan over medium heat and cook the shredded broccoli, stirring, for 5 minutes. Add the chicken stock and salt (or the bouillon), cover, and cook over medium heat for another 5 minutes, stirring occasionally until tender. Add the Cannellini beans if using, heat for another minute, and serve.

Test the tenderness of your broccoli stems by taking a small bite. If they are crunchy, they're good to use; tough and woody, not so much. Use those for compost.

Picked by Meryl LaTronica Powisset Farm, Dover

BEET GREENS

You'll find varieties of beets and their greens in your CSA share or farmers market throughout the growing season. For a more fanciful salad, look beyond the more common red beets for golden beets and the pink-and-white-ringed Chioggia beets. And, don't just toss the greens when you store your beets these greens are packed with vitamin C, calcium, and iron, and can be substituted in any dish calling for spinach or a cooked green. For a delicious start, try steaming or sautéing them with garlic and olive oil, then squeeze a touch of lemon juice on top.

JALAPEÑO BEET GREENS

Seasonal ingredients enable unusual — and delicious combinations. Here, sweet caramelized onions and beet greens marry beautifully with the mild heat of Jalapeño peppers.

Prep time: 10 minutes Cook time: 25 minutes Serves: 2-4 as a side dish

Ingredients

2-3 Tbsp olive oil

1 onion, 1/4" dice (about 1/2 cup)

1 bunch beet greens, cleaned, stems separated and diced, leaves coarsely chopped (about 3 cups)

4-5 leaves fresh sage, minced (about 3 tablespoons)

lialapeño pepper, seeds and membranes removed, minced 1 sprig rosemary leaves (about 2 teaspoons fresh), minced Salt and pepper to taste

Directions

and pepper.

Heat the olive oil in a small skillet over medium heat and sauté the onions and beet stems for 10 occasionally. Add the jalapeño, rosemary, and sage. Cook for another 5 minutes, stirring. Add the beet greens, stir and cover, and cook for another 8-10 minutes, stirring a few times, or until the greens are wilted and stems are tender. Serve, seasoning to taste with salt



Picked by Molly DellaRoman Moose Hill Farm, Sharon

FAVA BEANS

Sometimes called "broad beans," fava beans are well known in many parts of the world where they've been eaten for centuries, but are a newer addition to The Trustees' CSAs and farmers markets. With a buttery-textured. slightly bitter, and nutty flavor, this member of the legume family makes a great addition to pasta dishes or salads.

PASTA WITH FAVA BEANS. CHARD, AND PARSLEY

There's a kindred spirit between earthy, al dente whole-wheat pasta and the earthy, vibrant flavors of fresh chard and parsley. Layer in the richness of fava beans and sautéed onions, and this is a dish to make more than once.

Prep time: 15 minutes Cook time: 15 minutes Serves: 4-6 with leftovers

Ingredients

1/4 cup olive oil 1 medium-sized onion, chopped 1 small bunch chard, stems and leaves separated and chopped 1-2 cups prepared fava beans 1 bunch parsley, washed and coarsely chopped 1 lb whole-wheat pasta, your favorite Salt and pepper to taste Freshly shredded Parmesan cheese

Directions

Heat water for the pasta.

Saute the onion for 5 mintues in the olive oil in a large skillet over medium heat. Add the chard stems and cook for another 5 minutes, stirring. Add the chard leaves, cover, and cook for 3-5 minutes, stirring once or twice, or until leaves are wilted. Stir in the prepared fava beans and set aside.

Cook the pasta, drain, and return pasta to the cooking pot. Stir in the vegetable mix from the skillet, and the chopped parsley. Distribute to serving plates, seasoning to taste with salt and pepper and topping with Parmesan.

> TELL US ABOUT your favorite off-the-beaten-track produce picks: www.facebook.com/thetrustees

FARM STANDS

GET A TASTE of Trustees farm-fresh veggies at our farm stands and market booths.

- Weir River Farm: at the Hingham Farmers Market, Saturdays, 10AM-2PM
- Moose Hill Farm, Sharon: at the farm, Thursdays, 2-6PM, and at Bird Park in Walpole, Saturdays, 9AM-12NOON
- Powisset Farm, Dover: at the farm, Tuesdays & Thursdays, 1:30-6:30PM, and Saturdays, 10AM-5PM
- City Harvest Youth Corps: at the Mattapan Farmers Market, Mattapan Square's Church of the Holy Spirit, Saturdays, 10AM-1PM, and at the Bowdoin Geneva Farmers Market, Bowdoin Street Health Center, Dorchester, Thursdays, 3-6:30pm

GET ALL THE DETAILS & MORE AT www.thetrustees.org/farms



APPLETON FARMS DAIRY STORE

Buy local 7 days a week! Our dairy products are made with milk from Jerseys raised, grazed, and milked at the farm.

STORE HOURS

Monday - Friday | 11AM-6PM; Saturday & Sunday | 10AM-4PM

APPLETON FARMS PRODUCTS

Triple Cream, Cheddar Cheese, & Soft Herbed Fresh Cheeses Plain & Greek Yogurt = Skim, 1% & Whole Milk = Regular & Cultured Butter • Grass-Fed Beef & More!

219 County Road . Ipswich, MA Visit www.thetrustees.org/dairy for more information.



Visit www.thetrustees.org for details on all of our events and volunteer opportunities, and to sign up for our monthly e-mail.

LEND A HAND!

We're always looking for help in caring for our special places. To find volunteer opportunities near you, look for events with a V.



Elizabeth Freeman Exhibit

Daily | 8AM-8PM Ashley House, Sheffield 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE.

In Search of the Mohicans

Daily | Sunrise to sunset Mission House, Stockbridge 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE.

Mansion House Tours

Daily | 10AM-5PM Naumkeag, Stockbridge 413.298.3239 x3013 Visit www.thetrustees.org for details.

Yoga in the Garden

Wednesdays | 5-6PM Saturdays | 12NOON-1PM Ashintully Gardens, Tyringham 413.320.2497 MEMBERS & NONMEMBERS: Donation suggested.

Eco-Volunteers V

Thursdays | 9AM-12NOON Bartholomew's Cobble, Sheffield 413.229.8600 MEMBERS & NONMEMBERS: FREE.

Children's Tour of Naumkeag

Thursdays | 2-2:45PM Naumkeag, Stockbridge 413.298.3239 x3013 Visit www.thetrustees.org for details. MEMBERS & NONMEMBERS: Child FREE.

Croquet on the Lawn

Thursdays | 3PM Naumkeag, Stockbridge 413.298.3239 x3013 Visit www.thetrustees.org for details. MEMBERS & NONMEMBERS: Child FREE.



Visit Naumkeag

We've got tons of fun planned for every day this summer: activities for kids, garden and mansion tours, and more. Take a peek at www.thetrustees.org to find all the details Naumkeag, Stockbridge 413.298.3239 x3013

Colonial Revival Gardens: Guided Tours

Thursdays | 2PM

Mission House, Stockbridge 413.298.3239 x3013

MEMBERS: FREE. NONMEMBERS: Adult \$5: Child FREE.

Maid's Tour

Saturdays | 11AM

Naumkeag, Stockbridge 413.298.3239 x3013 MEMBERS & NONMEMBERS: \$15.

Tour the Folly at Field Farm

Second & fourth Saturdays | 12NOON & 1PM Field Farm, Williamstown 413.298.3239 x3013 MEMBERS: FREE. NONMEMBERS: Adult \$5; Child FREE.

Up Close:

Live Birds of Prey with Tom Ricardi

Saturday, June 29 | 10AM-12NOON Bartholomew's Cobble, Sheffield 413.229.8600

MEMBERS: Adult \$8; Child (age 6-12) \$4. NONMEMBERS: Adult \$10; Child (age 6-12) \$5.

Young Naturalist Walks

Bartholomew's Cobble, Sheffield 413.229.8600

Ornithology Walk Sunday, June 30 | 8:15-10:15AM

Herpetology Walk Saturday, July 27 | 10AM-12NOON

Botany Walk

Saturday, August 10 | 10AM-12NOON

MEMBERS: Individual \$5; Family \$13. NONMEMBERS: Individual \$7; Family \$16.

Gentle Yoga in the Gardens

Tuesdays, July & August | 12-12:30 PM Naumkeag, Stockbridge 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE with admission.

Munsee-Mohican Exhibit & Guided House Tours

Saturdays & Sundays, July-September 1; Monday, September 2 | 11AM, 12NOON, & 1PM Mission House, Stockbridge 413.298.3239 x3013

MEMBERS: FREE. NONMEMBERS: Adult \$6; Child FREE.

Historic House Tours

Saturdays & Sundays, July 6-September 1

Ashley House, Sheffield 413.298.3239 x3013 MEMBERS: FREE. NONMEMBERS: Adult \$6; Child FREE.

Saturday Canoe Trip

Saturday, July 6 | 8:30-11:30AM Bartholomew's Cobble, Sheffield 413.229.8600

MEMBERS: Adult \$24; Child (age 10-16) \$10. NONMEMBERS: Adult \$30; Child (age 10-16) \$15.

Discovering Butterflies

Sunday, July 7 | 1-3PM Mountain Meadow Preserve, Williamstown 413,458,3135

MEMBERS & NONMEMBERS: FREE.

Tuesday Trail Team V

2nd & 4th Tuesdays, starting July 9 9ам-12:30рм Notchview, Windsor 413.684.0148 MEMBERS & NONMEMBERS: FREE.

Garden Tea Ceremony

Friday, July 12 | 3PM Naumkeag, Stockbridge 413.298.3239 x3013 MEMBERS: Adult \$10; Child FREE. NONMEMBERS: Adult \$15; Child FREE.

Sunday Canoe Trips

Sundays, July 14-September 8 | 8:30-11:30AM Bartholomew's Cobble, Sheffield 413 229 8600

MEMBERS: Adult \$24; Child (age 10-16) \$10. NONMEMBERS: Adult \$30; Child (age 10-16) \$15.

Elizabeth "Mumbett" Freeman Day

Wednesday, August 21 | 5-7PM Ashley House, Sheffield 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE.

Stargazing & Planet Spotting with Arunah Hill

Saturday, August 3 | Begins at dusk Notchview, Windsor 413.684.0148 MEMBERS & NONMEMBERS: FREE.

Stargazing at Naumkeag

Monday, August 12 | 8-10PM Naumkeag, Stockbridge 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE.

Fabulous Ferns

Sunday, August 18 | 1-3PM Bartholomew's Cobble, Sheffield 413.229.8600 MEMBERS: Adult \$5; Child FREE. NONMEMBERS: Adult \$8; Child FREE.

Full Moon Hike

Wednesday, August 21 | 8:30-10:30pm Notchview, Windsor 413.684.2182 MEMBERS: FREE. NONMEMBERS: \$5.

The Disappearing Stream

Wednesday, August 28 | 1-3pm Field Farm, Williamstown 413.458.3135 MEMBERS & NONMEMBERS: FREE.

Labor Day Canoe Trip

Monday, September 2 | 8:30-11:30AM Bartholomew's Cobble, Sheffield 413,229,8600 MEMBERS: Adult \$24; Child (age 10-16) \$10.

NONMEMBERS: Adult \$30; Child (age 10-16) \$15.

Autumn Crocus Celebration

Saturday & Sunday, September 14 & 15 10AM-5PM

Naumkeag, Stockbridge 413.298.3239 x3013 MEMBERS & NONMEMBERS: FREE with admission.



Yoga Adventures!

Yoga & Kayak

Sundays, June 30, August 11 | 10AM-1PM Holyoke Rows, Holyoke MEMBERS: \$25, NONMEMBERS: \$30.

Yoga & Hike

Sunday, July 21 | 10AM-1PM Bullitt Reservation, Ashfield MEMBERS: \$25, NONMEMBERS: \$30.

Sunday, August 25 | 10AM-1PM Monument Mountain & Naumkeag, Great Barrington & Stockbridge MEMBERS: \$30. NONMEMBERS: \$35. Price includes entry fee to garden.

Visit www.thetrustees.org or call 413.320.2497 for more details.



Bryant Day Celebration

Saturday, July 20 Nature Hike: 10AM-12NOON Celebration: 12NOON-4:30PM William Cullen Bryant Homestead, Cummington 413.532.1631 x10 MEMBERS: FREE. NONMEMBERS: \$6/car. Co-sponsored by the Chesterfield, Cummington, Goshen, Plainfield, Worthington,

River Critters

Saturday, July 27 | 11AM-1PM Chesterfield Gorge, West Chesterfield 413.684.2182 MEMBERS: FREE. NONMEMBERS: \$5.

Windsor, and Williamsburg Cultural Councils.

Bryant's Big Trees

Saturday, August 3 | 10AM-12NOON William Cullen Bryant Homestead, Cummington 413.684.0148 MEMBERS: FREE. NONMEMBERS: \$5. Co-sponsored by Tamarack Hollow.



Yoga Retreat

Friday-Sunday, September 13-1S Tully Lake Campground, Royalston 413 320 2497

MEMBERS & NONMEMBERS: \$200 before August 15: \$225 after August 15. Visit www.thetrustees.org for details.



Includes Boston Natural Areas Network (BNAN) www.bostonnatural.org

Lend a Hand: Volunteer at Powisset

▼ Saturdays | 1:30-5PM Powisset Farm, Dover 508.785.0339 MEMBERS & NONMEMBERS: FREE.

Outdoor Story Hour

Wednesdays | 10-11AM Weir River Farm, Hingham 781,740,7233 MEMBERS: FREE. NONMEMBERS: \$3.

Down and Dirty Trail Project **☑** Second Saturdays | 9AM-3PM Charles River Valley 508.785.0339 MEMBERS & NONMEMBERS: FREE.

Music at the Manse **Summer Concert Series**

MEMBERS & NONMEMBERS: FREE.

Sundays (except September 8) | 2-4PM Old Manse, Concord 978.369.3909 MEMBERS & NONMEMBERS: FREE.

What's That Bug? Saturday, June 29 | 9-11AM Boston Natural Areas Network 617.542.7696 City Natives, Mattapan Please pre-register.

Landscape Tours and Garden Talks at the Old Manse

Saturdays & Sundays, starting in July Call ahead for times. Old Manse, Concord 978,369,3909 MEMBERS: \$3. NONMEMBERS: \$5.

A Mushroom Hunt with the Boston Mycological Society

Sunday, July 28 | 10:30AM-1PM Eleanor Cabot Bradley Estate, Canton 617.471.1093 MEMBERS & NONMEMBERS: FREE.

Bird Park's Outdoor Movie Night Saturday, August 3 | Time based on sunset Francis William Bird Park, East Walpole 508 668 6136

Shakespeare in the Park

MEMBERS & NONMEMBERS: FREE.

Sunday, August 4 | 5-7PM Francis William Bird Park, East Walpole 508 668 6136 MEMBERS & NONMEMBERS: FREE.

Bird Park's Outdoor Summer Concert Saturday, September 7 | 5-7PM

Francis William Bird Park, East Walpole 508 668 6136

MEMBERS & NONMEMBERS: FREE.

Shakespeare in Concord Saturday & Sunday, September 7 & 8 Old Manse, Concord 978.369.3909 Visit www.thetrustees.org for details.

Annual Harvest Festival & Perennial Divide

Saturday, September 14 | 10AM-2PM Boston Natural Areas Network 617.542.7696 City Natives, Mattapan MEMBERS & NONMEMBERS: FREE.

Mushroom Foray Sunday, September 1S | 1:30-4PM Cormier Woods, Uxbridge & Mendon 508.785.0339 MEMBERS & NONMEMBERS: FREE.



Life on a Saltwater Farm: Paine House Tours for 17th-Century Saturdays First Saturdays | 11AM-3PM Greenwood Farm, Ipswich 978.356.4351 x4049 MEMBERS: FREE. NONMEMBERS: Adult \$8: Child (age 12 & under) FREE.

Wednesdays Workdays! **V** Wednesdays | 9AM-12NOON Stevens-Coolidge Place, North Andover 978 682 3580 MEMBERS & NONMEMBERS: FREE.

Pick Your Own Flowers at the Flower Fields at Stevens-Coolidge Place Fridays & Saturdays, starting July 19 10ам-5рм Stevens-Coolidge Place, North Andover 978.682.3580

MEMBERS & NONMEMBERS: \$7/adult-size bouquet, \$3/child-size bouquet.

LONG HILL

Beverly

Please pre-register for workshops at: thetrustees.org/longhill, 978.921.1944 x1825, bogrady@ttor.org

Summer Pruning Workshop Wednesday, June 26 | 5-7PM MEMBERS: \$28. NONMEMBERS: \$35.

Pick Your Own Flowers at the Flower Fields at Long Hill

Thursdays-Saturdays, starting July 18 Thursdays | 3-5pm, Fridays | 12NOON-5pm, Saturdays | 10AM-5PM MEMBERS & NONMEMBERS: \$7/adult-size bouquet, \$3/child-size bouquet.

Pick Your Own Flower Field Volunteer Shifts V

Thursdays-Saturdays, starting July 18 Thursdays | 3-5PM, Fridays | 12NOON-5PM, Saturdays | 10AM-5PM MEMBERS & NONMEMBERS: FREE.

Teen Flower Field Volunteer Program (Ages 13-19) **☑** Weekly, July-August | 2 hours/day MEMBERS & NONMEMBERS: FREE.

Afternoons in the Children's Garden Day of week TBD, last week of June-August 3:30-4:30PM

NEW PRICING. MEMBERS: \$5/family. NONMEMBERS: \$8/family.



Weir River Farm

Join us for the chance to get an up-close look at the animals that call Weir River Farm home. No need to pre-register; this program will not run if there is heavy rain or thunderstorms.

Saturdays | 10AM-2PM Weir River Farm, Hingham 781.740.7233 MEMBERS: FREE. NONMEMBERS: \$3.

RY ACRE PROTECTED, every reservation every farm brought back to life, every child chance to experience the wonders of nature ry one of The Trustees' successes – there ne like you, working hand in hand with The to make a difference for our communities e in Massachusetts.

nelp support our work rously as you can - for nd for future generations.



THE TRUSTEES
Advancement Of
572 Essex Street
Beverly, MA 0191.

III գորելիկիկիկում

Member Days in the Flower Fields Last Saturdays, July-September | 10AM-5PM Members get a FREE bouquet of flowers. Just bring your current membership card or join that day!

CAPE ANN

Essex, Gloucester, Manchester-by-the-Sea, Marblehead & Rockport

978.921.1944 x1825, thetrustees.org/capeann, capeann@ttor.org.

Discovery Center at Ravenswood Park 481 Western Avenue, Gloucester

Weekends & Holiday Mondays | 10am-3pm Hands-on activities, a Discovery Desk, and an Investigation Station await! Borrow a Discovery Detective Pack and explore the park. Group tours/programs available by request.

Evening with the Herons Thursday, June 27 | 6-8PM

Coolidge Reservation, Manchester MEMBERS: \$18. NONMEMBERS: \$25.

Cape Ann Conservation Work Crew (Adults) ☑

Last Saturdays | 9AM-12NOON Coolidge Reservation, Manchester MEMBERS & NONMEMBERS: FREE.

Seaside Stroll with Birding Basics

Third Sundays | 8-10AM Halibut Point Reservation & Coolidge

Reservation, Rockport

MEMBERS & NONMEMBERS: FREE.

Wilderness to Special Place: Ravenswood through the Centuries

Second Sundays | 1–3PM Ravenswood Park, Gloucester MEMBERS: \$5 NONMEMBERS: \$10. Grandparents FREE in September.

Live Music of The Grane Estate!



Pack a picnic, bring the family, and enjoy a fantastic evening of live music on our seaside lawn overlooking Crane Beach. For more info, visit thetrustees.org/picnicconcerts.

NEW ALCOHOL POLICY FOR 2013: Ipswich Ale Brewery and Mill River Winery sales on-site. Sorry we can no longer allow BYOB.

Thursdays, July 11-August 29 | 7-9PM (gates open at 5PM for picnicking)
Castle Hill on the Crane Estate, Ipswich
MEMBERS: \$20/car. NONMEMBERS: \$30/car.
Tickets available at the gate only.

Roaring Twenties Lawn Party

Sunday, July 21 | 3-8PM

Castle Hill on the Crane Estate, Ipswich MEMBERS: \$15. NONMEMBERS: Adult \$20;

Student \$15; Senior \$15.

Curiosity Companions -Young Families Club

Five Thursdays, July 11, 18, 25; August 1, 8

Coolidge Reservation, Manchester All five sessions: MEMBERS: \$25.

NONMEMBERS: \$40. Per-day drop-in:

MEMBERS: \$8. NONMEMBERS: \$10. Price includes one child with accompanying adult.

THE CRANE ESTATE

Ipswich

For information regarding tours, events, and programs at Castle Hill, Crane Beach, or Crane Wildlife Refuge, please visit www.thetrustees.org or call 978.356.4351 and press 6.

New! Castle Hill Café, Great House at Castle Hill

Wednesdays-Saturdays | 11AM-2PM Sandwiches, salads, and baked goods by Ferreira Foods.

The Great House at Castle Hill Revealed

Wednesdays & Thursdays | 10AM-4PM (last tour at 3PM)

Fridays & Saturdays | 10AM-2PM

(last tour at 1PM)
1-hour tours, starting every half hour.

MEMBERS: Adult \$7; Child (age 12 & under)
FREE. NONMEMBERS: Adult \$12; Child (age 12 & under) FREE. Combined Great House & Estate tour ticket: MEMBERS: \$9. NONMEMBERS: \$18.

Castle Hill Estate Tours: The Designed Landscape

Thursdays & Saturdays | 11AM-12:30PM MEMBERS: Adult \$5; Child (age 12 & under) FREE. NONMEMBERS: Adult \$10; Child (age 12 & under) FREE. Combined Great House & Estate tour ticket: MEMBERS: \$9. NONMEMBERS: \$18.

Hot & Cold Tours:

Behind the Scenes of the Great House

Every other Wednesday | 5-6:30 PM Pre-register at www.thetrustees.org. MEMBERS: \$15. NONMEMBERS: \$20.

Children's Treasure Hunt at the Great House

Fridays, through August | 11-11:45AM Castle Hill. Pre-register at thetrustees.org. MEMBERS: Adult & one child \$8. NONMEMBERS: Adult & one child \$10. Each additional child: \$5.

Guided Kayak Paddles with ERBA

Saturdays & Sundays, through Sept. 15 2-4PM Crane Beach & Crane Wildlife Refuge MEMBERS: \$40. NONMEMBERS: \$50

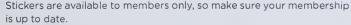
Choate Island Field Trips

Wednesdays, July 10; August 14; September 4, 11 | 1:30-5pm Crane Wildlife Refuge & Crane Beach on the Crane Estate MEMBERS: \$20. NONMEMBERS: \$30.

SAVE ON CRANE BEACH ADMISSION

Crane Beach Parking Permit Sticker Program

With our Crane Beach parking permit sticker, there's no more wrestling for cash or wondering where you put your membership card — just drive on in and enjoy the beach.



Purchase your sticker today for just \$80.

For members not wishing to purchase a parking sticker for 2013, summer beach admission is \$10 on weekdays and \$20 on weekends.

Get all the details and order today at www.thetrustees.org/cranebeach.

4th Annual Family Camp Out Saturday-Sunday, August 31-September 1

10AM 5aturday-1PM 5unday Castle Hill & Crane Beach MEMBERS: Adult \$30; Child \$15. NONMEMBERS: Adult \$50: Child \$25.

Beach Plum Canning Workshop

Thursday, September 5 | 5-9PM Crane Beach & Castle Hill MEMBERS: \$30, NONMEMBERS: \$40.

Coastsweep

Saturday, September 14 | 11AM-3PM Crane Beach MEMBERS & NONMEMBERS: FRFF.

APPLETON FARMS

Ipswich & Hamilton

978.356.5728 x18

Farmhands: Service Learning

Mondays-Thursdays | 9AM-12NOON Sessions: June 24-27, July 15-18, July 29-August 1, August 12-15 MEMBERS & NONMEMBERS: \$50 fee to cover the costs of the program.

The Flower Project (Age 15-17) ■

Fridays, July & August | 9AM-12NOON MEMBERS & NONMEMBERS: FREE.

Family Farm Day at Appleton Farms Sunday, September 15 | 10AM-3PM MEMBERS: \$20/car. NONMEMBERS: \$25/car.



Appleton Cooks

We're thrilled to announce our year-round culinary program that's intertwined with the daily workings of the farm. Whether you're a beginning cook or a practiced chef, we've got something for you: classes, workshops, and farm-to-table dinners — all featuring healthy, seasonal, fresh-from-the-farm food.

Appleton Farms, Ipswich & Hamilton 978.356.5728 x12

Visit www.thetrustees.org/appletoncooks to get all the details.

SOUTHEAST REGION

508.636.4693 x13

Coming Soon: Fun new programs! Visit thetrustees.org to find all the details.

Slocum's River Yoga & Meditation July & August

Yoga: Wednesdays | 8-10AM Meditation: Sundays | 9-10AM 5locum's River Reserve, Dartmouth MEMBERS & NONMEMBERS: FREE.

Guided Kayak Trips

Kayak Little River Saturday, June 29 | 9AM-12NOON Cornell Farm, Dartmouth

Kayak the West Branch Saturday, July 13 | 9AM-12NOON Adamsville Landing, Westport

Kayak the East Branch Saturday, August 3 | 9AM-12NOON Hix Bridge Landing, Westport

Kayak Buttermilk Bay Saturday, August 24 | 12NOON-2PM Lyman Reserve, Buzzards Bay

Kayak 5locum's River Saturday, September 7 | 9AM-12NOON Russell's Mills Landing, Dartmouth

MEMBERS: \$30. NONMEMBERS: \$40.

Accidental Agriculture to Berry Bounty

Saturday, July 20 | 10AM-12NOON East Over Reservation, Rochester MEMBERS & NONMEMBERS: FREE.

Nature Photography

Saturday, August 10 | 9:30-11:30AM Westport Town Farm, Westport MEMBERS: FREE, NONMEMBERS: \$20.

Family Concert

Saturday, August 17 | 5:30-7:30pm Westport Town Farm, Westport MEMBERS & NONMEMBERS: FREE. Donations accepted.

A Day Away at the Lyman Reserve Saturday, August 24 | 10AM-12NOON Lyman Reserve, Buzzards Bay

Walking tour: MEMBERS & NONMEMBERS: FREE.

Wild Edibles Walk

Saturday, September 14 | 1-3PM Copicut Woods, Fall River MEMBERS: FREE. NONMEMBERS: \$5.

CAPE COD & THE ISLANDS



NANTUCKET

Coskata-Coatue Wildlife Refuge

508,228,6799

Natural History Tours

Daily | 9AM & 1PM

3-hour tours. Starts/ends at Maria Mitchell 5cience Center, 33 Washington Street; with a stop at Wauwinet Gate House.

MEMBERS: Adult \$40: Child (age 12 & under) \$20. NONMEMBERS: Adult \$60; Child (age 12 &

Private tour: \$350 (8 people).

Sunset Tours

Tuesdays-Fridays | Departure based on sunset 2-hour tours, 5tarts/ends at Maria Mitchell Science Center, 33 Washington Street; with a stop at Wauwinet Gate House.

MEMBERS: Adult \$40; Child (age 12 & under) \$20. NONMEMBERS: Adult \$60; Child (age 12 &

under) \$20.

Private tour: \$350 (8 people).

Birding Trips with the Maria Mitchell Association

Wednesdays, July 3-August 21 | 8AM-12Noon 5tarts/ends at Maria Mitchell 5cience Center, 33 Washington Street; with a stop at Wauwinet Gate House. 508.228.0898

Members: \$40.

MARTHA'S VINEYARD

Cape Poge Wildlife Refuge, Long Point Wildlife Refuge, Mytoi, Menemsha Hills, Norton Point, Wasque

508.627.3599

Cape Poge Lighthouse Tours

Daily | 9AM, 11AM, 1PM, 3PM Cape Poge Wildlife Refuge MEMBERS: Adult \$20; Child (age 15 & under) \$12. NONMEMBERS: Adult \$25; Child (age 15 & under) \$12.

Cape Poge Natural History Tours Tuesdays-Fridays, through Labor Day

9:30AM & 1:30PM Cape Poge Wildlife Refuge MEMBERS: Adult \$25; Child (age 15 & under) \$18. NONMEMBERS: Adult \$35; Child (age 15 & under) \$18.

Self-Guided Poucha Pond Kayak Tour

Daily, through September 2 | 9AM-4PM Cape Poge Wildlife Refuge MEMBERS ONLY: First hour: \$20/single boat; \$30/tandem boat. Each additional hour: \$10/single boat; \$15/tandem boat.

Wildlife Discovery Kayak Tours Daily, July 1-September 2 | 10AM & 2PM Cape Poge Wildlife Refuge MEMBERS: Adult \$30; Child (age 15 & under) \$18. NONMEMBERS: Adult \$40; Child (age 1S & under) \$18.

Explore the Shore Family Tours Mondays-Fridays, July 1-September 2 | 10AM Cape Poge Wildlife Refuge MEMBERS: Adult \$20; Child (age 15 & under) \$12. NONMEMBERS: Adult \$25; Child (age 15 & under) \$12.

Long Point Kayak Tours Mondays-Fridays, July & August | 11AM & 2PM Long Point Wildlife Refuge MEMBERS: Adult \$30; Child (age 15 & under) \$18. NONMEMBERS: Adult \$3S; Child (age 15 & under) \$18.

Not-so-Creepy Creatures of the Night Family Hikes Tuesday, July 9 | 8PM Monday, August 5 | 7:30 PM Cape Poge Wildlife Refuge Tuesday, July 23 | 8PM Monday, August 26 | 7PM Long Point Wildlife Refuge MEMBERS: Child \$10. NONMEMBERS: Child \$12. Price includes up to two accompanying adults.

Moonlight Kayak Paddles Sunday, July 21 | 6:30PM Sunday, August 19 | 6PM Cape Poge Wildlife Refuge & Long Point Wildlife Refuge MEMBERS: Adult \$40; Child \$20. NONMEMBERS: Adult \$47; Child \$20.

Twilight Cape Poge Lighthouse Tours Sunday, July 21 | 6:30PM Sunday, August 19 | 6PM Cape Poge Wildlife Refuge MEMBERS: Adult \$2S; Child \$18. NONMEMBERS: Adult \$3S; Child \$18.

Custom Group Charter Tours Cape Poge Wildlife Refuge & Long Point Wildlife Refuge By appointment only. Please call S08.627.3S99 for details.



Learn something new and enjoy your favorite Trustees reservation at the same time on these special REI Outdoor School programs. For more information and to register, visit www.thetrustees.org/REI.

Introduction to Map & Compass Class

REI MEMBERS: \$60, NONMEMBERS: \$80. Saturdays, July 6, August 24, September 7 | 9AM-3PM Rocky Woods, Medfield

Introduction to Outdoor Photography: Composition & Technique

REI MEMBERS: \$65. NONMEMBERS: \$85. Saturdays, July 20, August 17 | 9AM-3 M Rocky Woods, Medfield

Sunset Photography

REI Members: \$45. Nonmembers: \$85. Saturday July 27 | 6-9pm Rocky Woods, Medfield

Essential Camping Skills Class

REI Members: \$40. Nonmembers: \$60. Saturdays, July 13, August 3 | 9AM-3PM Rocky Woods, Medfield

Introduction to Mountain Biking

REI MEMBERS: \$6S. NONMEMBERS: \$8S. Saturdays, July 6, August 24, September 14: Sunday, July 28 | 9AM-3PM Rocky Woods Medfield

Introduction to Trail Running

REI MEMBERS: \$20. NONMEMBERS: \$40 Saturday & Sunday, July 27 & 28 | 8-9AM Rocky Woods. Medfield

Kayak Tour: Boston Harbor

REI MEMBERS: \$120. NONMEMBERS: \$130. Price includes lunch. Sundays, June 30, July 21 10AM-4PM Saturdays, July 6, August 31 | 9AM-3PM

Sup & Sip on the Charles River

REI MEMBERS: \$75. NONMEMBERS: \$9S. Saturdays, July 27, August 24 September 14 | S:30-8:30PM Charles River Peninsula, Neddham Meet at DCR's Red Wing Bay kayak launch

Sunset Kayak Tour: Boston Harbor REI MEMBERS: \$55. NONMEMBERS: \$7S.

Saturdays, July 13, August 0 September 7 6-9PM World's End, Hingham

Introduction to Coastal Kayaking

REI MEMBERS: \$120. NONMEMBERS: \$140 Sundays, August 4, September 8 | 10AM-4PM World's End, Hingham

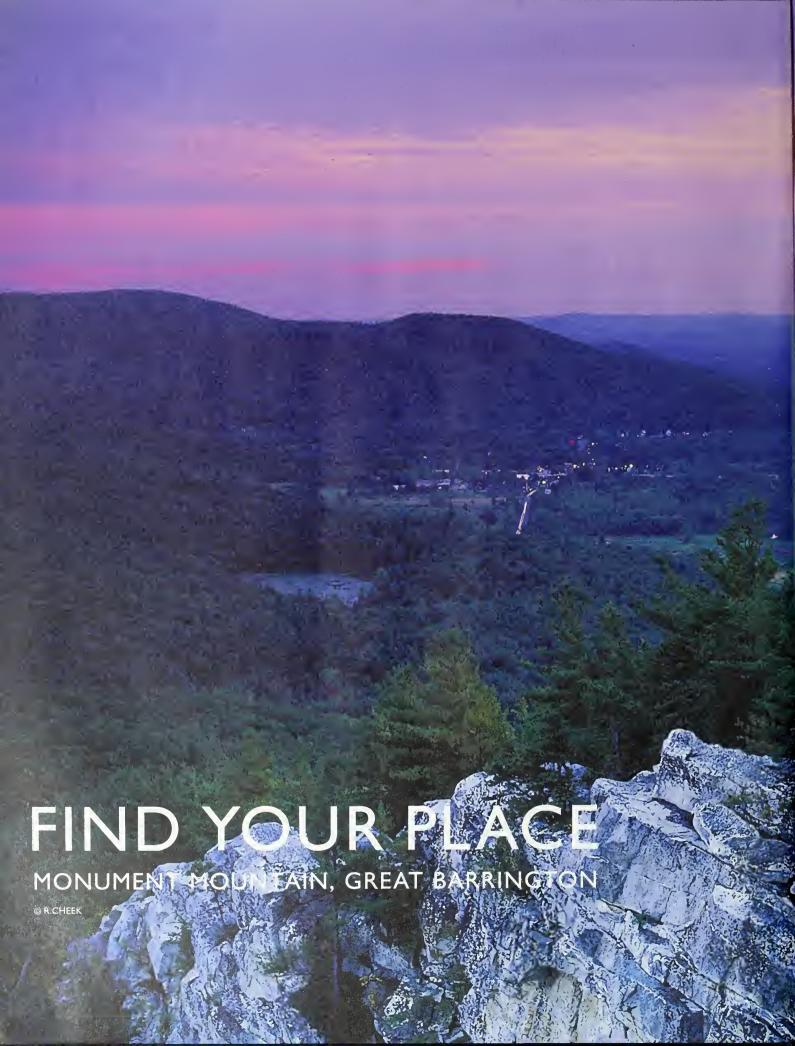
Learn to Kayak with Tour

REI MEMBERS: \$95. NONMEMBERS: \$115 Saturdays, August 10, 17; September 7 | 9AM-3PM Saturday, September 14 | 9AM-3PM Charles River Peninsula Needham Meet at DCR's Red Wing Bay kayak launch.

Learn to Kayak: 4-Hour Class

REI MEMBERS: \$70 NONMEMBERS: \$90. Saturday, July 13 | 8AM-12NOON & 1-5PM World's End, Hingham Sunday, August 18 | 8AM-12NOON & 1-5PM Charles River Peninsula, Needham Meet at DCR's Red Wing Bay kayak launch.







Special PLACES

THE TRUSTEES OF RESERVATIONS 572 Essex Street
Beverly, MA 01915-1530

NON-PROFIT ORG.

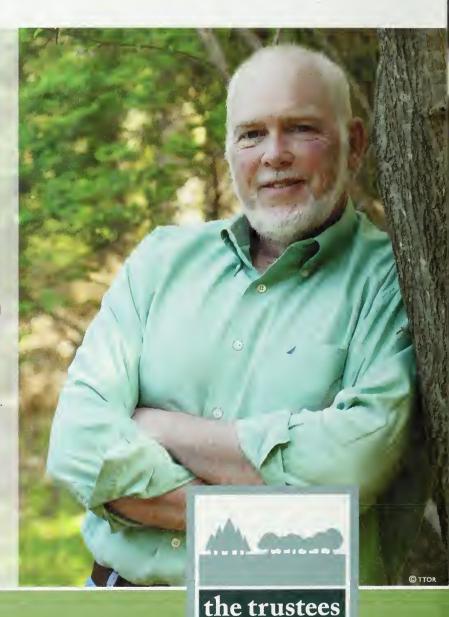
U.S. POSTAGE
PAID

BURLINGTON, VT
PERMIT NO.189

Unflagging Spirit

A heart attack at age 27 gave Bob Flagg a serious wake-up call. "I realized life was passing me by, and it gave me the impetus to start volunteering," he says. Since then, he has cleaned many a beach and trail around Boston, and has been a champion of the Friends of Blue Hills' Adopt-A-Trail program, believing that involving people in a property's care can later inspire them to speak up for its protection. Now he's turned his attention to The Trustees' World's End reservation, assessing and caring for trails. "I feel like I bring a real passion to this work and that comes through to people," he says. We couldn't agree more.

Learn more about Bob and join him for a trail maintenance day at World's End on August 10 at www.thetrustees.org/flagg.



FIND YOUR PLACE

Together with our neighbors, we protect the distinct character of our communities and inspire a commitment to special places.

Our passion is to share with everyone the irreplaceable natural and cultural treasures we care for.

www.thetrustees.org

of reservations



facebook.com/thetrustees



twitter.com/thetrustees